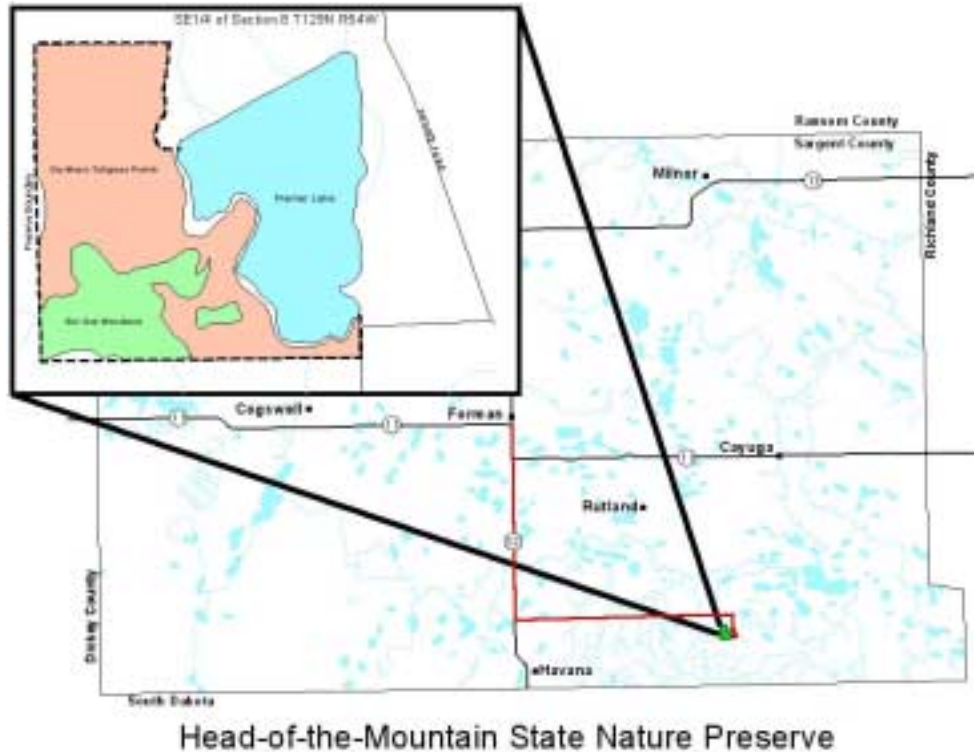


## LOCATION

To reach Head-of-the-Mountain from Rutland drive 4 miles south, 3 1/4 miles east and then 2 miles. This will bring you to the SE corner of the preserve.

From the town of Forman, drive 7 1/2 miles south on Highway 32, 9 1/4 miles east, then 2 miles south. This will bring you to the SE corner of Head-of-the-Mountain.



# HEAD OF THE MOUNTAIN NATURE PRESERVE

## FRENIER DAM



**Head of the Mountain Nature Preserve**  
Fort Ransom State Park  
5981 Walt Hjelle Parkway  
Ph. (701)-973-4331 [frsp@state.nd.us](mailto:frsp@state.nd.us)  
Visit us on the web [www.ndparks.com](http://www.ndparks.com)

For information on state preserves contact North Dakota Parks and Recreation Department, 701-328-5357.

The ND Parks & Recreation Department's facilities, program & employment procedures are open to all, regardless of age, sex, race, color, disability, religion, national origin or political affiliation. Contact us prior to your visit if you need accommodation for a disability. For an alternative format of this publication (Braille, large print, audio, etc), contact: ND Parks & Recreation Department, 1835 Bismarck Expressway, Bismarck, ND 58504, ph. (701) 328-5357, State TDD (701) 328-2001.

**...quiet, secluded area  
containing a ravine woodland,  
native prairie and adjacent  
reservoir**

# Head of the Mountain Nature Preserve

The 100 acre nature preserve sits at the edge of a steep escarpment, providing an overlook of the surrounding landscape—thus the name Head-of-the-Mountain. The land to the west and south is hilly which contrasts with the flat-lying topography to the north and east. Geological events that occurred thousands of years ago have shaped this view from the preserve.

The eastern border of the preserve is a man-made lake created by Frenier Dam. This impoundment is fairly shallow, bordered by cattails and other aquatic vegetation. But the view and reservoir are just two features of the preserve that makes it such an attractive place to visit.



Yellow-headed Blackbird

## SIGNIFICANT NATURAL DIVERSITY FEATURES



Pasque Flower

The most abundant cover in the approximately 60 acres of dry mesic tallgrass prairie contains a variety of plants including native grasses such as porcupine grass, sideoats grama, big bluestem, little bluestem; and forbs such as purple cone-flower, lead plant and pasque flower. The 40 acres of Bur Oak woodland covering a generous portion of the southern border is comprised mainly of American elm, Green ash and Bur oak. The Bur Oak woodland is also associated with an understory of Buck-brush, Wood nettle and Burdock. The eastern border of the preserve is a small reservoir created by Frenier Dam. The reservoir is fairly shallow, bordered by cattails.

The native prairie, wooded draw and the adjacent reservoir combine to provide good habitat for a variety of wildlife. A number of bird species utilize the area including the upland plover, chestnut collared longspur, savannah sparrow, sharp-tailed grouse, Canada geese and many types of ducks. White-tailed deer, fox and gray squirrels, red fox and cottontail rabbit are also found in the preserve.

## PRELIMINARY WILDFLOWER LIST

<u>Common Name</u>	<u>Scientific Name</u>
<input type="checkbox"/> Lead plant	<i>Amorpha nana</i>
<input type="checkbox"/> Dogbane	<i>Apocynum sp.</i>
<input type="checkbox"/> Oval-leaved milkweed	<i>Asclepias ovalifolia</i>
<input type="checkbox"/> Smooth brome	<i>Bromus inermis</i>
<input type="checkbox"/> Canada thistle	<i>Cirsium arvense</i>
<input type="checkbox"/> Bull thistle	<i>Cirsium vulgare</i>
<input type="checkbox"/> Bindweed	<i>Convolvulus arvense</i>
<input type="checkbox"/> White prairie clover	<i>Dalea candida</i>
<input type="checkbox"/> Purple prairie clover	<i>Dalea purpurea</i>
<input type="checkbox"/> Purple coneflower	<i>Echinacea angustifolia</i>
<input type="checkbox"/> Northern bedstraw	<i>Galium boreale</i>
<input type="checkbox"/> Sunflower	<i>Helianthus sp.</i>
<input type="checkbox"/> Touch-me-not	<i>Impatiens capensis</i>
<input type="checkbox"/> Wild honeysuckle	<i>Lonicera dioica</i>
<input type="checkbox"/> Yellow sweetclover	<i>Mellilotus officinalis</i>
<input type="checkbox"/> Mint	<i>Mentha arvense</i>
<input type="checkbox"/> Bergamot	<i>Monarda fistulosa</i>
<input type="checkbox"/> Catnip	<i>Nepeta cataria</i>
<input type="checkbox"/> Plantain	<i>Plantago major</i>
<input type="checkbox"/> Prairie coneflower	<i>Ratibida columnifera</i>
<input type="checkbox"/> Dock	<i>Rumex crispus</i>
<input type="checkbox"/> Goldenrod	<i>Solidago sp.</i>
<input type="checkbox"/> Sow thistle	<i>Sonchus arvensis</i>
<input type="checkbox"/> Dandelion	<i>Taraxacum officinale</i>
<input type="checkbox"/> False dandelion	<i>Tragopogon dubius</i>
<input type="checkbox"/> Stinging nettle	<i>Urtica dioica</i>
<input type="checkbox"/> Blue vervain	<i>Verbena hastata</i>



Purple Prairie Clover

Bruce Eichhorst



Showy Milkweed

## RECREATION & TRAILS

State owned and managed nature preserves are open to the public for passive recreation, such as bird watching, hiking, photography, wildflower viewing and cross country skiing. Vehicles are prohibited on the preserve.